

Walk for your Health Information and Schedule



-All walks start at 9:00 AM

-During Inclement weather, walks are held at the Mall of New Hampshire

-Fill out mile sheet weekly and turn in before last walk to be entered into a separate end of the year raffle

We will now offer a separate walk for the first 6 weeks called WALK WITH EASE. Walk with Ease will be led by a trained professional and will involve stretching and discussion as well as walking. The schedule will be the same. According to the arthritis foundation Walk With Ease is proven to reduce arthritis pain and improve overall health.

2019 Fall Schedule

Wed	4-Sep	Livingston Park		Wed	9-Oct	Cullerot Park
Fri	6-Sep	West Side Ice Arena		Fri	11-Oct	Lake Massabesic
Mon	9-Sep	Lake Massabesic		Mon	14-Oct	Man/Goffstown
Wed	11-Sep	Stark Park		Wed	16-Oct	Pine Grove Cemetery
Fri	13-Sep	Memorial High School		Fri	18-Oct	Massabesic Ball Park
Mon	16-Sep	Cullerot Park		Mon	21-Oct	Brookside Church
Wed	18-Sep	Man/Goffstown		Wed	23-Oct	River Walk
Fri	20-Sep	Camp Carpenter		Fri	25-Oct	West Side Ice Arena
Mon	23-Sep	Brookside Church		Mon	28-Oct	Memorial High School
Wed	25-Sep	River Walk		Wed	30-Oct	Nutts Pond
Fri	27-Sep	Stark Park		Fri	1-Nov	Livingston Park
Mon	30-Sep	Massabesic Ball Park		Mon	4-Nov	Cullerot Park
Wed	2-Oct	Livingston Park		Wed	6-Nov	Pine Grove Cemetery
Fri	4-Oct	Pine Grove Cemetery		Fri	8-Nov	Lake Massabesic
Mon	7-Oct	West Side Ice Arena		Mon	11-Nov	West Side Ice Arena

AARP table dates highlighted in red

Dogs are prohibited

Columbus Day and Veterans Day

Contact Information

Manchester Parks and Recreation:

Erik Bukowski

ebukowski@manchesternh.gov

603-792-5349